

WOW News

October is Breast Cancer Awareness Month



This is My Story: I have participated in several American Cancer Society events since first being diagnosed in 1999 with Stage I invasive intraductal breast cancer. I was 35 when I felt a difference in one of my breasts during my **monthly self-breast-exam**. My treatment consisted of a lumpectomy, removal of lymph nodes, and radiation. I intended to walk the Breast Cancer 3Day as a prelude to celebrating 5 years of being cancer-free. However, last December, my mammogram showed new calcifications, and by May, after some inconclusive tests initially, the conclusion was that the cancer had returned. I had a mastectomy in June. *We had caught the cancer very early.* I was able to participate in the 2004 Breast Cancer 3Day!

I picked up a brochure on Breast Cancer 3Day a couple of years ago and found the idea intriguing: 60 miles, 3 days, a mobile tent city. I did not participate in Michigan's Inaugural 3Day in 2002, mostly because I was concerned about raising \$2000. The event did not happen in 2003, but when the registration for 2004 opened, I bit the bullet and signed up.

I was ready to celebrate living,

so I guess I chose to walk for selfish reasons. **I see my participation in the Relay for Life as something I do for all those 'touched' by cancer; a gift I can give back to others. The 3Day was my gift to myself.** I announced at church, work, and to family and friends what I was doing and asked for moral and financial support. Considering what this year has brought me, the *moral support* has been most important for me!

I joined a gym in 2003 and **exercise** there **several days a week** before reporting to the office. My husband and I live in the country and work on our property a lot, so I'm outside getting fresh air and am active. My vacations consist of backpacking and camping.

One thing I intend to tell others about as a result of my experience in the 3Day, is that we **need to be sure our daughters are educated AT A YOUNG AGE** (puberty, if not sooner) about knowing one's body, doing a breast-self-exam, and speaking up when something doesn't seem right. I heard about a walker who had a picture of a lovely young woman on her shirt; someone for whom she was walking. When asked who the person on her shirt was, she replied, "That's my daughter. She died of breast cancer when she was 16." 16!!! The teen had noticed a change in her breast when she was 15 but didn't do anything; maybe because she wasn't sure if it was a problem. With younger women being diagnosed, we **need to educate women about early detection.**

This is not an "older woman's" disease!

October 2004

Family Health Month

Family Meals

Pedometer Discount

Fitness Club Discounts

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I Changed My Eating Habits & Improved My Health

I've lost 80 pounds since last December. My BMI will no longer be in the overweight range; YAH! I've read that being overweight increases the odds of getting a number of health problems. My family doctor told me that I should lose weight, and explained how to go about it. I don't recall hearing such a simple way to lose weight before:

just avoid 'white' ingredients.

So I quit eating white ingredients: sugar, white flour, salt, shortening, and milk. ("Milk is designed by nature to help babies grow, and you need to quit growing", my doctor told me). I trim as much white fat off meat as I can. Its really quite simple, and there isn't any food that I can't eat. I now just eat things in a more pure, less processed or artificial state. It works, and is easy to do. There's no calorie counting, weighing portions, etc. It isn't a diet, its just eating healthier, more like nature intended.

In truth, losing weight has cost me some serious money - I've had to buy all new clothes! I'm not on a diet, so there is no diet to go off. I think that's probably where people regain the pounds - they stop an artificial, unrealistic eating plan by going back to eating the same way they used to. Of course they gain weight. Same foods as before = same weight as before.

In the summer, I swim everyday, ride the bike, mow the lawn (I walk; its one acre). There are enough routine things in my lifestyle that I don't need to think about adding more exercise. In the winter I do some aerobic exercises, and use hand weights 3 times a week. My "exercise" plan is doing what I've always done. I can't get excited about consciously exercising - just not me. I gave up the riding mower to walk behind the push mower. That's as good as it is going to get for me. If it isn't fun, or something with a purpose, forget it. I would lose interest, and after a while, it would soon be like a fad diet - just a memory.

Getting rid of the processed foods lets me taste the real food, not the goop and chemicals. This is a whole lot better than before. I can't even imagine going back to eating like I used to. It is a lifestyle change, not a diet. And it works for me!

I eat lots of fruits and vegetables.



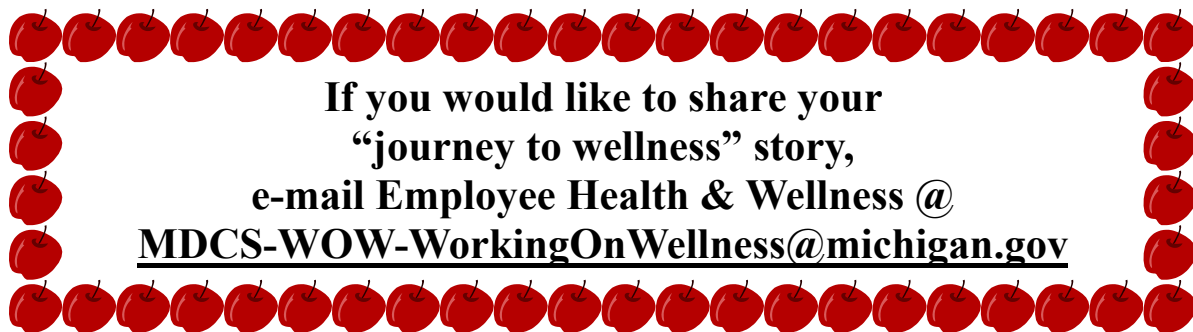
I eat fresh strawberries instead of strawberry shortcake; whole grain breads instead of white bread; whole wheat tortillas, and whole wheat pizza crust instead of white (although I admit I eat less pizza now; you can hardly find a quick takeout or frozen pizza with whole wheat. I have to go the extra mile and make it myself.) I eat very lean meats, chicken, etc., trying to avoid as much of the white fat as I can. I have recipes for whole wheat pie crust and cookies that use honey instead of white sugar. Its summer - I still want a scoop of ice cream now and then. I am just careful about limiting the portion size, and only eating a scoop of ice cream when I have gotten more than my usual exercise.

Almonds, Apples and..... Exercise

For years I have had trouble with my legs and feet, and my doctor suggested I lose weight (daa; yaa!). My wife and I tried a diet/weight program for about a month, but keeping track of everything was very hard for me (I have never liked paperwork). Then I used the Weight Watcher's Points List, selected favorite foods, **and along with exercise** (mostly walking, treadmill, Gazelle and sit ups) I was able to drop 45 pounds going from 262# to 217# and 5 inches off my waist in 6 months.

The key to my success is a commitment to better health.

There is a great variety of apples out there, and I ate one before a meal, if I was really hungry. I snacked on almonds all day; I love them. I can easily say in the last 6 months I've eaten 30 pounds of almonds and hundreds of apples. **I eat meals regularly, just not as much and a lot slower.**



If you would like to share your
"journey to wellness" story,
e-mail Employee Health & Wellness @
MDCS-WOW-WorkingOnWellness@michigan.gov

My Success Story

For me, the key to good health begins with healthy eating that controls insulin levels. Out-of-control insulin levels cause cravings and binge eating, as well as production of cortisol that burns lean muscle. It can also impede the burning of fat and can lead to insulin-resistance and type-2 diabetes. To avoid that **I eat six small meals a day, starting with a healthy balanced breakfast** of carbs and proteins, consisting of about 400 calories. **Eating balanced meals throughout the day** keeps my insulin levels stable, avoids mood swings, avoids physical 'ups & downs', and helps me avoid binge overeating. I also **exercise regularly**, doing 20-30 minutes of high-intensity cardio three days a week, and 45 minutes of heavy resistance training 3 days a week. In the last year I have completely transformed my physical appearance through this way of life, and I feel better than ever. **Here's a link to my pictures and story of my transformation that won first place in a national fitness challenge:**

I'm the winner of the "over 50" division.



“Go the Extra Mile for Energy Balance”

Michigan’s First Surgeon General, Dr. Kimberlydawn Wisdom was given the charge by Governor Jennifer Granholm to be an advocate for the health of all Michiganians. To accomplish this Dr. Wisdom introduced:

“Prescription for a Healthier Michigan”

One piece of the “healthier Michigan” picture is **National America On The Move Day (AOTM) 11/05/04**. Between October 1 & November 5th **Michigan On the Move (MOTM)** is working to help individuals of all ages across our state make positive lifestyle changes to ensure better health for all.

The **Michigan On the Move™** message is simple:

- **prevent weight gain by moving more and eating less.**
- **Make two small daily changes - take 2000 more steps (the equivalent of about one mile) and eat 100 fewer calories.**

To discover how simple this can be for you, click open each link above then visit www.americaonthemove.org or call 1-800-807-0077 to take the pledge, and “go the extra mile for energy balance” with MOTM. **You will automatically be entered into a drawing for some great prizes including an Apple iPod mini, \$100 American Express gift cards and much more!**

Information about
**Nov. 5th
National AOTM Day**
can be found @
www.americaonthemove.com
after Oct. 1st.

Please check back the
week of Oct. 4th, make
your pledge, and enter
the drawing for
FREE prizes.



Walk & Bike to School Day—October 6th

Regular physical activity, fitness, and exercise are critically important for the health and well being of people of all ages.

Lack of physical activity is a major cause of chronic illness and death. Obesity rates among children have more than doubled in the past twenty years. Being overweight can cause health problems like diabetes during childhood & physically inactive kids are more likely to grow up to be physically inactive adults - and are therefore at high risk for obesity and related illnesses.

30-60 minutes on most days of physical activity is recommended for children. They need a variety of activities each day-some intense, some less-so, some informal, some structured. **Walking or cycling to and from school is an ideal way to get some of that activity.**

WOW's Contest and FREE Drawing 10/04

All State of Michigan employees are eligible.

- Send your answer by the WOW e-mail link provided:
MDCS-WOW-WorkingOnWellness@michigan.gov
- The names of employees giving the "correct" answer will be put into a monthly drawing for one FREE gift.
- Each month one new winner will be chosen; sorry an employee can win only once.

October 2004's question is: According to an article in the 9/04 issue of Hope Health Letter, how many two-minute sessions of stair-climbing throughout the day could give you a workout equal to 36 minutes of walking?

REMEMBER the answer is in October's WOW
Please submit your answer by October 20th!

Fruit Salad

about.produce.com

INGREDIENTS:

- 1/2 c Orange Juice
- 1/4 c Honey
- 1 pint Basket strawberries, stemmed and halved
- 1 half-pint Basket raspberries
- 1 half-pint Basket blueberries
- 2 Oranges, peeled and cut into sections
- 1 c Cantaloupe or honeydew melon balls
- 3 T Fresh mint leaves

PREPARATION METHOD

In a medium bowl, whisk juice and honey; add remaining ingredients. Toss gently to combine; chill 1 hour. Spoon salad into 4 individual bowls, dividing equally. Makes 4 servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 194 Fat: 1g Calories from Fat: 5 Cholesterol: 0 mg Fiber: 2 g